

YOUTH FIRST

COACHES LEARNING ABOUT YOUTH SPORTS THE SPORTS EDUCATION AND LEADERSHIP PROGRAM AT UNLV

Some Coaching Tips For Coaching Young Female Athletes.

- 1) **Set Clear Goals** - By setting clear goals your young female athletes will have a greater understanding of what they need to accomplish. Make sure the goals are attainable and relevant to the skills you are teaching them.
- 2) **Be Mindful Of Social Dynamics** - Observe your female athletes and work to understand what social influences are affecting their progress.
- 3) **Encourage Girls To Get Physical** - Let the girls you coach be as strong as they can be within the rules of the game.
- 4) **Create Expectations** - This means telling your female athletes what you expect out of them and letting them know what they can expect out of you. You need to create a positive learning environment.
- 5) **Help Parents Understand What Their Role Is** - This means the parents need to be supportive, not coaches themselves. Talk with them to make them understand what your goals are for the team and the individual.
- 6) **Set An Example Of Sportsmanship** - Sportsmanship is the key to having a great team. The way you treat people will be noticed by your players and parents.
- 7) **Take A Process Oriented Approach** - This means focusing on fundamental skills, tactics and strategies rather than worrying about scoring or winning.
- 8) **Evaluate Progress** - This can be done at anytime. After you have set the goals for them team evaluate them at practice to see if their making strides toward reaching the goals. Young females need to know when they have achieved and fallen short of their goals so they can make adjustments.
- 9) **Respect Each Players Contribution** - As the coach find out what qualities each girl brings to the team and make sure they use it in a positive way towards the team.
- 10) **Let Them Have Fun** - Every Coach Should know that having fun while practicing and playing can lead to great things for your young female athletes.

What Should You Know About Title IX As The Coach Of Young Female Athletes.

First of all Title IX, is a federal law which prohibits discrimination on the basis of sex in all education programs and activities that receive federal funds. This would include public elementary, secondary and post-secondary schools and also public or private universities. The main issue that may arise in schools is whether or not young females can play on male sports teams when there is no team for young females offered in that sport. According to Title IX if a school offers a team in a contact sport for one sex, then it must also offer

The key point to this is that follow which are opportunities historically been limited and there sustain a viable team and reat that team. Another issue that natory is that males are usually



a team for members of the opposite sex. there are certain conditions they have to for members of the excluded sex have his- should be sufficient interest and ability to sonable expectation for competition for may arise that may be considered discrimi- physically stronger and have other capa-

bilities females do not have. Many females may have the desire to participate on a male team because she wants to gain better competition to develop her abilities where she could not do that on a female team. According to Title IX and the 14th amendment this is not a violation. This controversial issue is one that may arise often in many schools around the country. As a coach knowing Title IX and what it says is extremely important for you and the young females you are coaching. To learn more about Title IX you can go to www.womenssportsfoundation.org

What Coaches Suggest For Maintaining Focus In Your Young Female Athletes.

- Be prepared and allow for variety and flexibility to keep your young female athletes interested and enjoying practices.
- Allow your young female athletes to have input and suggestions to ensure that they stay interested and involved.
- Allow yourself to ease up when you sense that athletes need a break, even when it feels like you should be going at full steam.
- Try to reduce athletes anxiety around competition. Try to reduce focus on the score or the outcome and focus on their individual performance. Although many young female athletes enjoy competition, many do not. So it is important to stay in tune with individual needs.

Quote For The Coach:

Children learn to feel good about themselves through accomplishment. The crucial element of self-worth is not consistent success, but the experience of progressing, becoming better, succeeding where you've failed

- Zimmerman & Reavil